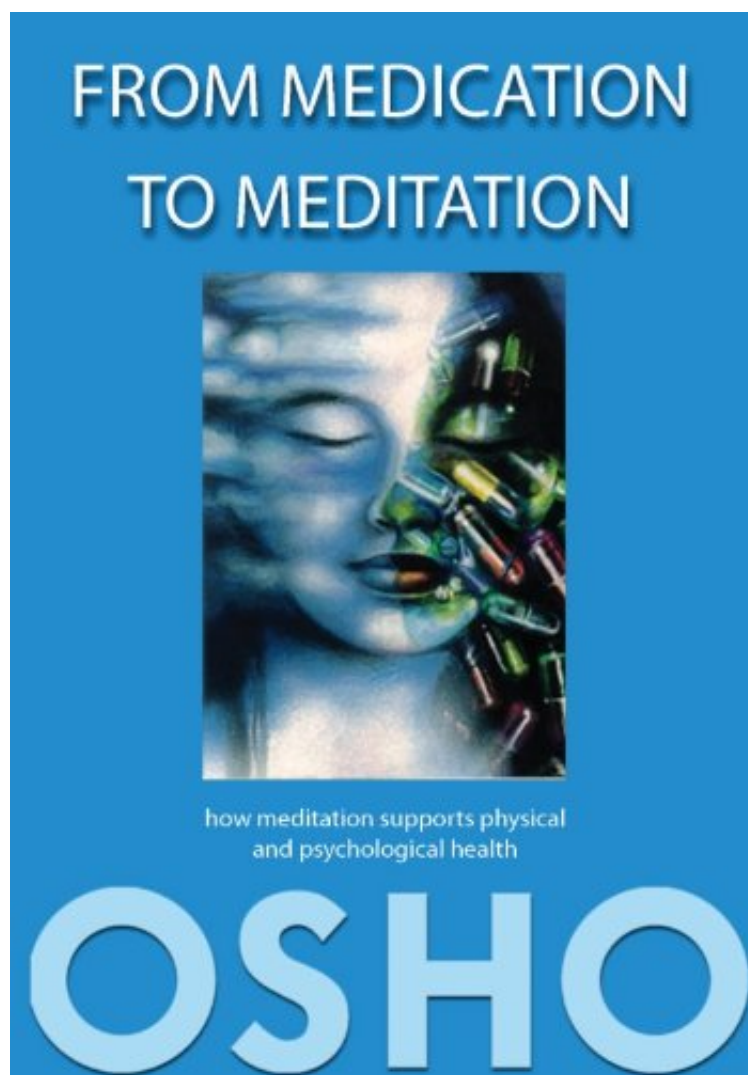


From Medication to Meditation: How meditation supports physical and psychological health

by
Osho



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Synopsis

Osho speaks in many of his talks on health as a more holistic understanding of the “BodyMindSpirit” complex. His depth of insights into what makes a healthy and whole human being plus the many meditation methods he has developed are a vital part of his overall vision and proposal to humanity. Although he never gave a series of talks specifically about health issues, he requested and titled this collection of selected material “From Medication to Meditation” which was subsequently compiled under the supervision of his personal physician. In the foreword, which is a talk by Osho given to the Medical Association in India, he paints his vision of a healthier and more whole future when he says “...every hospital will have a department of meditation. It should happen. Then we will be able to treat man as a whole. The body will be taken care of by the doctors, the mind by the psychologists, and the soul by meditation.” “The day the hospitals accept man as a whole, as a totality, and then treat him as such, will be a day of rejoicing for mankind.” - Osho

What people say about this book

D. D. Scott, "A Wonderful Look at the Relationships of Our Minds, Body and Soul to Complete Healing. I learned a lot from this book. Perspectives on healing and the body and our relationships to our spirit and cosmic energies that I've always at a gut level known to be true but now have some fantastic facts to back up."

Johnny T. Do, "Five Stars. I love it."

sash, "From medication to meditation Osho. It is a great book, but the chapter 20 "A look into the future" is not written by Osho and it is obvious. Again the story of Jesus repeating. After death of the author all sort of manipulations and interpretations on the scriptures are going bound to happen. Osho is talking of Awareness in his all speeches then on the chapter 20 we discover all at once the human desire has become the most important topic, that scientific birth is perfectly good. I wouldn't live in a world full of Einstein, Shakespeare, Beethoven, Freud. Just read this book with eyes and heart Full Awareness."

Ruby Elmore, "Five Stars. I give it a 4 star"

102766.2305@compuserve.com, "Stress Reduction. Just think of the millions and millions of dollars the world is spending to create chemicals, medicine for relaxation. Seems to be one of the most important things for people in these days. This book shows no-chemical ways to reduce stress and bring people back to a natural state of relaxation, which we have almost forgotten about."

Elaine, "Five Stars. All of OSHO's books are a must read."

jatin anand, "Must buy. Great osho book on different types of medications. Great insights on how medication work on body. , Mind, soul ."

Ebook Tops Reader, "Great book.. Enjoyed every sentence of the book. Each one should read and make use of the content. At this modern era rather in a hurry burry world one should read and make use of this. Pushpa Balagopal"

Ansh Mirchandani, "great book must read. For everyone who believe that illness & poor health is a mental concept & is mind related This book proves them right..."

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